

WIC

A Special Food and Nutrition Education Program for Women, Infants and Children

Who is Eligible?

- A pregnant woman
- Breastfeeding woman
- A woman who recently been pregnant
- An infant or a child less than 5 years old

Services Provided:

- Nutritious foods
- Nutrition counseling
- Healthcare referral

To be eligible, you must also:

- Have a low or moderate income AND
- Have a special need that can be helped by WIC foods and nutrition counseling

Approved WIC Foods:

Milk, cheese, cereals, peanut butter, fruit or vegetables juices, dry beans or peas, iron fortified formula

You do not have to be on public assistance to apply.

Call your local health department for more information.